



## Full Report (All Nutrients) 09131, Grapes, american type (slip skin), raw

**Report Date: June 30, 2017 10:55 EDT**

Nutrient values and weights are for edible portion

## **Food Group : Fruits and Fruit Juices**

**Carbohydrate Factor: 3.6** **Fat Factor: 8.37** **Protein Factor: 3.36** **Nitrogen to Protein Conversion Factor: 6.25**

**Refuse:42% Refuse Description: 6% seeds, 34% skin, 2% stems**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 92g	1 grape 2.4g
Vitamin C, total ascorbic acid	mg	4.0	--	--	3.7	0.1
Thiamin	mg	0.092	--	--	0.085	0.002
Riboflavin	mg	0.057	--	--	0.052	0.001
Niacin	mg	0.300	--	--	0.276	0.007
Pantothenic acid	mg	0.024	--	--	0.022	0.001
Vitamin B-6	mg	0.110	--	--	0.101	0.003
Folate, total	µg	4	--	--	4	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	4	--	--	4	0
Folate, DFE	µg	4	--	--	4	0
Choline, total	mg	5.6	--	--	5.2	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	5	--	--	5	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	59	--	--	54	1
Carotene, alpha	µg	1	--	--	1	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	100	--	--	92	2
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	72	--	--	66	2
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.17	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	14.6	--	--	13.4	0.4
<b>Lipids</b>						
Fatty acids, total saturated	g	0.114	--	--	0.105	0.003
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 92g	1 grape 2.4g
14:0	g	0.003	--	--	0.003	0.000
16:0	g	0.098	--	--	0.090	0.002
18:0	g	0.013	--	--	0.012	0.000
Fatty acids, total monounsaturated	g	0.014	--	--	0.013	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.014	--	--	0.013	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.102	--	--	0.094	0.002
18:2 undifferentiated	g	0.079	--	--	0.073	0.002
18:3 undifferentiated	g	0.024	--	--	0.022	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.003	1	--	0.003	0.000
Threonine	g	0.017	1	--	0.016	0.000
Isoleucine	g	0.005	1	--	0.005	0.000
Leucine	g	0.013	1	--	0.012	0.000
Lysine	g	0.014	1	--	0.013	0.000
Methionine	g	0.021	1	--	0.019	0.001
Cystine	g	0.010	1	--	0.009	0.000
Phenylalanine	g	0.013	1	--	0.012	0.000
Tyrosine	g	0.011	1	--	0.010	0.000
Valine	g	0.017	1	--	0.016	0.000
Arginine	g	0.046	1	--	0.042	0.001
Histidine	g	0.023	1	--	0.021	0.001
Alanine	g	0.026	1	--	0.024	0.001
Aspartic acid	g	0.077	1	--	0.071	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 92g	1 grape 2.4g
Glutamic acid	g	0.131	1	--	0.121	0.003
Glycine	g	0.019	1	--	0.017	0.000
Proline	g	0.021	1	--	0.019	0.001
Serine	g	0.030	1	--	0.028	0.001
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0